



# Practice Gratitude

Intentionally practicing gratitude also centers our minds, hearts and community in purposeful and positive reflection and action. Try this simple gratitude practice to heighten your awareness of how your cup overflows (Ps. 23:5).

Simply select an empty jar (or basket, pillowcase or any other empty vessel); keep a notepad and pencil handy to note blessings and everyday miracles; add your notes to the jar. When you need a lift, revisit the notes as signs of God's reassuring presence in your life.

I am grateful for

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Today I reflect upon an everyday miracle

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Gathering in faithful community, I am thankful for

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I look forward to

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In thanksgiving for a happy memory

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A simple pleasure

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Purposeful ministry

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Blessed with

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Life lessons

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Faithful friends and family

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